

wellness and coaching programs

Individual and Corporate Solutions

- Achieve your wellness and career goals
- Smash Roadblocks and Barriers on your pathway to health wealth and success
- Invent the life you aspire to
- Accomplish balance in the life role/roles you most value
- Modify your mind and body to transform your relationships, work and life contribution

Whitelight Promotions offers a unique wellness program that provides an integrated body, mind and spirit approach to your wellness or business concerns. A personalised program with a number of practitioners allows us to address the interrelated stresses at a micro and macro level. The result is a superior coherence between the inner self (mind and body) and the outer response to your self (relationships, work and purpose). Its time to shine!

YOUR KEY CONTACT

Your key contact will coordinate your program with other team members. The outcome is a personalised and accountable service.

YOUR COMPLIMENTARY DIAGNOSIS

Attend a “no obligation” diagnosis to assess what length program and combination of therapies will support you to your wellness goals.

PACKAGE OPTIONS

Wellness Package options include a 5 Session Introductory block and 3, 6 and 12-month packages.

All packages include a set number of sessions with a value add which includes ongoing supports including phone and email supports, webinars, cds, eBooks and more...

CORPORATE PACKAGES

Whitelight Promotions recognise and acknowledge that organisations have individual cultures. Our programs are proactively and specifically designed for your individual and organisational needs. We provide measurable outcomes and cultural change via our innovative wellness and coaching programs. Contact us to discuss our corporate wellness programs, coaching packages and employee assistance programs (eap). These programs promote healthy and productive workplaces for greater management leadership, staff retention and lower wellness related costs (absenteeism, presenteeism and injury related costs).

CONTACT US ON (07) 3368 3556 to book your obligation free diagnosis or to discuss how our programs or eap could work for you and your workplace.

Ph (07) 3368 3556
www.whitelightpromotions.com



OUR WELLNESS PACKAGE TEAM



SUZANNE GOODCHILD

SUZANNE GOODCHILD – Business and Life strategist, Coach, Author

Suzanne's experience within the corporate arena spans a total of 25 years. Throughout this time, she has fostered an approach that truly connects people through the use of superior communication and negotiation techniques. Her specialty areas include: Relationships, with your people, with your customers, with your team. EQ – Emotional Intelligence. Human Resources. SQ – Spiritual Intelligence. Business Culture. Organisational and Communication Development.

Suzanne's depth of experience in both Australian and International corporate fields has her as a much sought after Mentor, Presenter; Strategic Coach; Trainer/ Facilitator and Respected Author.

Suzanne has inspired, empowered and motivated entire companies, corporate leaders and staff members to maximise their true potential.



LEIGH RORKE-WARD

LEIGH RORKE-WARD – Life strategist, Coach, Trainer

Leigh's broad in-depth knowledge and experience in Mental and Physical Rehabilitation and Workplace Injury Prevention and Management, plus her background in Occupational Therapy and Kinesiology enables her to draw on her wisdom that results in practical solutions for her clients. Her intent is for quick and effective change that offers a professional, honest and holistic service. Leigh's driver is that she is passionate about our ability to change and grow towards wellness and success.



ROBERT HENDERSON

ROBERT HENDERSON – Business and Life Strategist, Coach

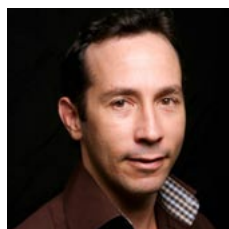
Professional Speaker, Organisational Behaviour Consultant, Facilitator, Trainer, Executive Coach, Team Consolidation Specialist; Robert employs unique "Relational" methodology to realise significant productivity and teamwork gains across operational, strategic or interpersonal foci allowing functional, harmonious organisational culture creation, improved output, higher quality outcomes, scope, performance and capacity at a whole of organisation level.



LINDA BROWN

LINDA BROWN – Integrated Life Strategist, Naturopath

Linda has been in full-time clinical practice for over 10 years. She has expanded her studies to specialise in psychology and counselling. Linda is the author of the online weight management programme Nutra Vida and has co-written recipes for low allergy and gluten free food manufacturers. Linda puts her technical into practical solutions for an optimum outcome knowledge for her clients.



CAMERON SOWDEN

CAMERON SOWDEN – Kinesiologist

Through Kinesiology we can investigate and realign the physical, emotional, mental and spiritual aspects of a person, so that their higher cognitive mind is controlling and directing their lower more reactive, impulsive aspects. People find that after a short period of having treatments that they feel greater ease in their bodies and in their relationship with themselves and others. Cameron enjoys working with people of all ages and at all stages of life from developing infants and children through to adults.



KAREN ST. CLAIRE

KAREN ST. CLAIRE – Professional Speaker, Educator, Performance Coach & Author

Karen St. Claire's clients include more than 40 Commonwealth and ACT Government departments and agencies, Karen's professional background is in counselling, clinical hypnotherapy and nutritional therapy. She has more than 20 years of experience in health and wellbeing having trained in both Australia and the USA. Her work with individuals and teams is solution-focused and collaborative, while her "because you can!" approach is unwavering. Karen offers coaching and training sessions in Stress Management, Smoking Cessation, Weight Management & Performance Coaching.

OTHER SERVICES ARE AVAILABLE... CONTACT US ON (07) 3368 3556 to book your obligation free diagnosis or to discuss how our programs or eap could work for you and your workplace.